

Mindfulness Course

Mindfulness Meditation course

Mindfulness meditation has been proven of benefit in all aspects of life especially at developing a sense of well being and managing stress and anxiety. It is a practice that is now mainstream in the NHS and used by almost every major organisation with its origins dating back to Buddhist practice. Here at the Jethavana Buddhist Vihara we offer this free of charge, it is completely secular and taught by highly experienced teachers who not only live their lives in Mindfulness and compassion but have trained to teach this over many years.

The course: Introduction to mindfulness meditation

Course Dates and Time

Tuesday 24-11-15 OR Saturday 28-11-15 at 5pm to 6pm-Looking at stress and relaxation
 Tuesday 01-12-15 OR Saturday 05-12-15 at 5pm to 6pm- Anxiety
 Tuesday 08-12-15 OR Saturday 12-12-15 at 5pm to 6pm- Improving well being
 Tuesday 15-12-15 OR Saturday 19-12-15 at 5pm to pm- Improving well being and Developing compassion for self and others

Venue : Jethavana Buddhist Vihara,
 13 Booth Street, Handsworth, Birmingham,
 B21 0NG
 Register before on or before 23rd November 2015.
 Contact: 07952933308 OR 07424015843
 Email: siphara@yahoo.com

Directions to Jethavana Buddhist Temple

Location: Jethavana Buddhist Vihara, 13, Booth Street, Handsworth, Birmingham, B21 0NG
 Tel no: 01215541466
 07952933308, 07424015843



From Birmingham Bus No: 74 Towards West Bromwich or Dudley Bus No: 25 Towards Wednesbury. Temple is near the Lidl Super Market in Soho Road. When you get down at Lidl Super Market bus stop walk forward 90 feet. Then you come across traffic lights so into the Booth street turn on you left you see the Eastern Windsor company next one is temple.

By Tram from Birmingham to Wolverhampton Tram get down at Booth street station walk to Booth Street the towards hill side 400 meters at the end you find the temple.

Metro - Nearest station is Soho Benson Road

Rail- Nearest railway stations are Smethwick Carlton Bridge, Birmingham Snow Hill, New Street and Moor Street Station

Location

West Midlands, West Midlands

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